


A painting of Lord Krishna sitting on a large wooden drum, holding a pot of butter, surrounded by monkeys in a forest setting. The scene is framed by a white border.

# Gift FROM Krishna

A NEW YEAR PRESENT ON THE  
AMAZING BEGINNING OF 2023

ISKCON, INC.





This ebook presents all the solutions of most frequently asked questions in scriptural point of view. Just an initiative from iskcon,inc. to help and guide the all generations of ages to overcome their material problems and progressing in their spiritual advancement.

# DEDICATED TO

His Divine Grace Om Vishnupada  
Paramahansa Parivrajakacharya  
Astottara-sata

**SRI SRIMAD A.C. BHAKTIVEDANTA  
SWAMI PRABHUPADA**

Founder-Acharya of ISKCON, Inc.

# LACK OF GUIDANCE

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Sometimes in Life we feel being lost or we are so much confused that no one is able to show us any path that can suffice us, some of us had questioned ourselves also that, "are this all we got this human life for? or is there any higher purpose? Who can guide us perfectly in all aspects of our life and make it successful? Lets see what our scriptures say about such confusion



**Lord krishna says in Bhagavad Gita 18.58,**

*mac-cittaḥ sarva-durgāṇi  
mat-prasādāt tariṣyasi  
atha cet tvam ahaṅkāraṇ  
na śroṣyasi vinaṅkṣyasi*

If you become conscious of Me, you will pass over all the obstacles of conditional life by My grace. If, however, you do not work in such consciousness but act through false ego, not hearing Me, you will be lost.

## **PURPORT OF THE VERSE:**

A person in full Kṛṣṇa consciousness is not unduly anxious to execute the duties of his existence. The foolish cannot understand this great freedom from all anxiety. For one who acts in Kṛṣṇa consciousness, Lord Kṛṣṇa becomes the most intimate friend. He always looks after His friend's comfort, and He gives Himself to His friend, who is so devotedly engaged working twenty-four hours a day to please the Lord.

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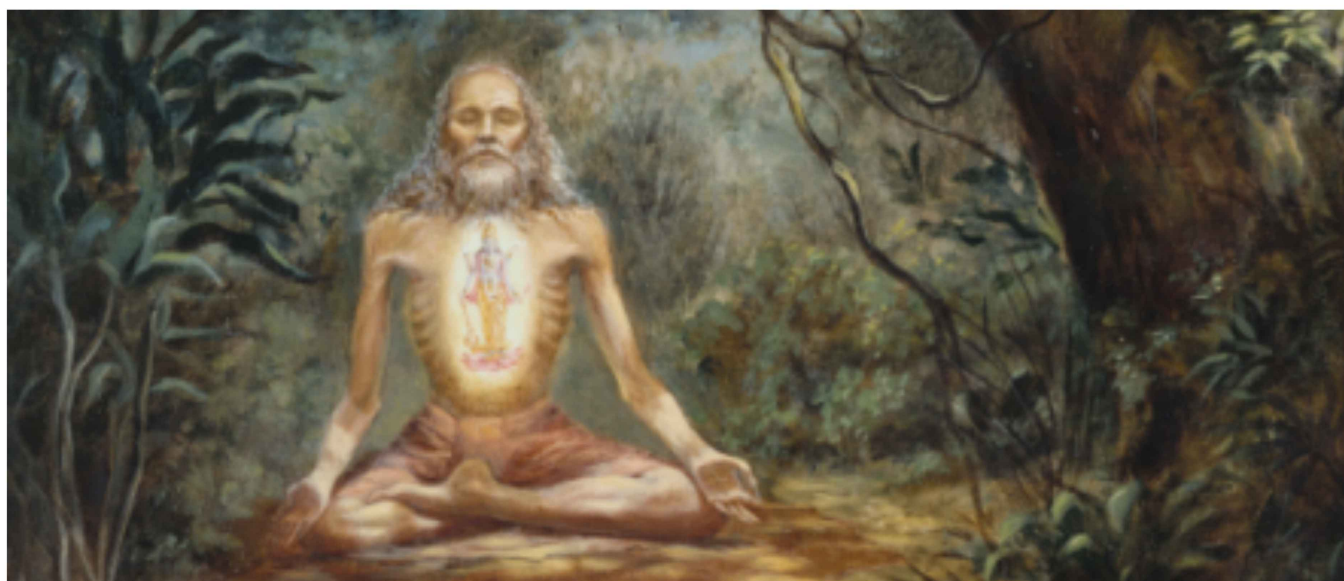
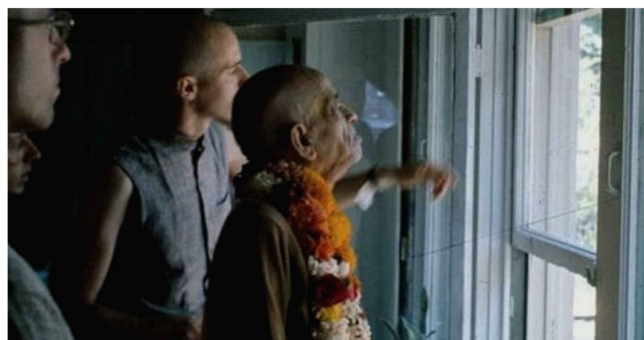


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Therefore, no one should be carried away by the false ego of the bodily concept of life. One should not falsely think himself independent of the laws of material nature or free to act. He is already under strict material laws. But, as soon as he acts in Kṛṣṇa consciousness, he is liberated, free from the material perplexities. One should note very carefully that one who is not active in Kṛṣṇa consciousness is losing himself in the material whirlpool, in the ocean of birth and death. No conditioned soul actually knows what is to be done and what is not to be done, but a person who acts in Kṛṣṇa consciousness is free to act because everything is prompted by Kṛṣṇa from within and confirmed by the spiritual master.

Kṛṣṇa says, *aham tvām sarva-pāpebhyo mokṣayiṣyāmi* (BG 18.66). You are suffering here. Just like without any shelter, you see so many people loiter in the street, no aim, no life. We go in the beach side, we see so many boys and girls without an aim, loitering, do not know what to do, all confused. So . . . but if you take shelter of Kṛṣṇa, then you'll know, "Oh, I have got now shelter." There is no more confusions. There is no more hopelessness.

**Srila Prabhupada Lecture on Srimad-Bhagavatam 01.08.29)**

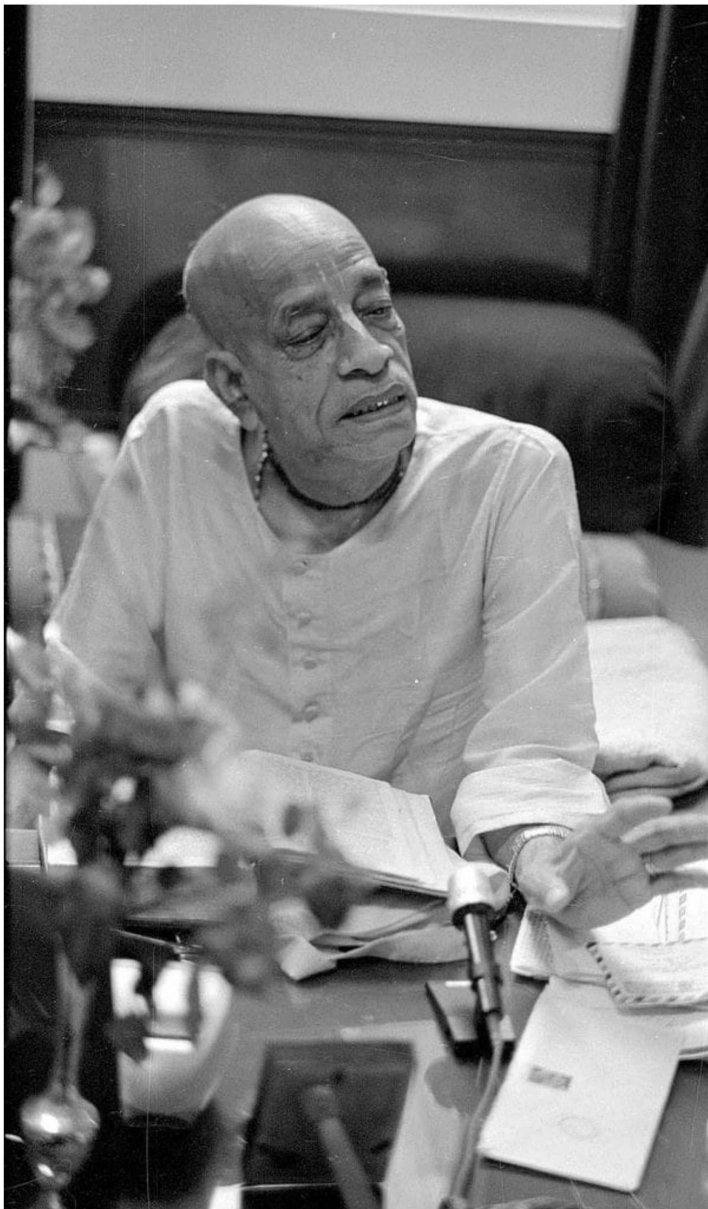




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So when you receive knowledge from a person who is transcendental to all these four kinds of defects, that is perfect knowledge. Modern scientists, they theorize that "It may be like this. It may be like that," but that is not perfect knowledge. So if you speculate with your imperfect senses, what is the value of that knowledge? It may be, I mean to say, partial knowledge, but that is not perfect knowledge. Therefore our process of receiving knowledge is to receive it from the perfect person. And therefore we are receiving knowledge from Kṛṣṇa, Bhagavān, the most perfect, and therefore our knowledge is perfect.

**SRILA PRABHUPADA LECTURE ON BG 2.1-5**



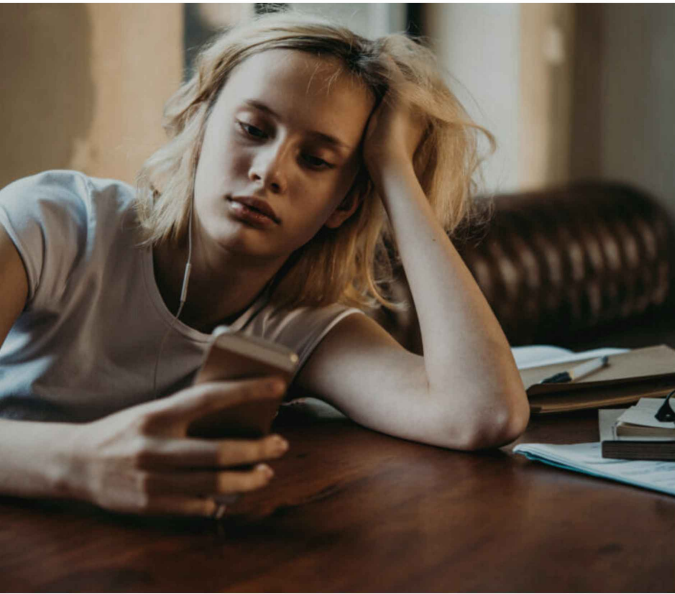
We are in confusion and felling lost now because our source of knowledge and our shelter is imperfect but as we read above , once we take shelter of Perfect Person and take knowledge of him , then there will be no more confusion, no more hopelessness and no more anxiety .

Thats why we should read and aquire knowledge from Bhagavad Gita As It Is wherein the Most perfect person has given most perfect knowledge in a submissive spirit

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# PROCASTINATION

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Procastination is one of the most common problem which everyone face in today's scenario, it's a main reason because of which we waste our precious time. So the main question arises, is there any solution in scripture through which one can purge this deadly habit of Procastination? Well, yes there are some very practical solutions present in our scriptures which talks deeply about this particular topic.

Lord krishna says in Bhagavad Gita 18.58,

*mac-cittaḥ sarva-durgāṇi  
mat-prasādāt tariṣyasi  
atha cet tvam ahaṅkāraṇ  
na śroṣyasi vinaṅkṣyasi*



If you become conscious of Me, you will pass over all the obstacles of conditional life by My grace. If, however, you do not work in such consciousness but act through false ego, not hearing Me, you will be lost.



In the scriptural injunctions we find what sort of work should be performed and what sort of work should not be performed. Those who do not care for those injunctions engage in work not to be done, and such persons are generally materialistic. They work according to the modes of nature, not according to the injunctions of the scripture. Such workers are not very gentle, and generally they are always



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cunning and expert in insulting others. They are very lazy; even though they have some duty, they do not do it properly, and they put it aside to be done later on. Therefore they appear to be morose. They procrastinate; anything which can be done in an hour they drag on for years. Such workers are situated in the mode of ignorance.

### There are 3 Modes of Material Nature

Mode of Goodness

Mode of passion

Mode of Ignorance

*Procastination and laziness are the symptom of mode of ignorance*

Those who are in the modes of ignorance, jaghanya, very abominable condition. So at the present moment... That is śūdra. Kalau śūdra-sambhavaḥ. In this age of Kali, everyone is in the modes of ignorance. Śūdra.

### *Srila Prabhupada Lecture on BG 2.25*

The whole material world is working under three modes of material nature. The modes of goodness, modes of passion, and modes of ignorance. Those who are acting in the modes of goodness, they are being elevated to higher standard of life. Those who are acting in the modes of passion, they'll remain in the same position as they are now, and those acting in the modes of ignorance, darkness, without any knowledge, they are being

degraded in lower grades of life. This is material world. But Kṛṣṇa is advising Arjuna that either goodness or passion or ignorance, after all, they are activities of this material world.

*Lecture on BG 2.40-45, Los Angeles, December 13, 1968*



cunning and expert in insulting others. They are very lazy; even though they have some duty, they do not do it properly, and they put it aside to be done later on. Therefore they appear to be morose. They procrastinate; anything which can be done in an hour they drag on for years. Such workers are situated in the mode of ignorance.

**NOW AT THIS SITUATION ANOTHER QUESTION MAY ARISE, "HOW TO RISE ABOVE THESE MODES OF MATERIAL NATURE, WHAT'S THE SOLUTION FOR THAT ?"**

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Lord krishna says in Bhagavad Gita 14.26,

*māmi ca yo 'vyabhicāreṇa  
bhakti-yogena sevate  
sa guṇān samatītyaitān  
brahma-bhūyāya kalpate*

One who engages in full devotional service, who does not fall down in any circumstance, at once transcends the modes of material nature and thus comes to the level of Brahman.

As explained before, the material world is acting under the spell of the modes of material nature. One should not be disturbed by the activities of the modes of nature; instead of putting his consciousness into such activities, he may transfer his consciousness to Kṛṣṇa activities. Kṛṣṇa activities are known as bhakti-yoga-always acting for Kṛṣṇa. This includes not only Kṛṣṇa, but His different plenary expansions such as Rāma and Nārāyaṇa. He has innumerable expansions. One who is

engaged in the service of any of the forms of Kṛṣṇa, or of His plenary expansions, is considered to be transcendently situated. One should also note that all the forms of Kṛṣṇa are fully transcendental, blissful, full of knowledge and eternal. Such personalities of Godhead are omnipotent and omniscient, and they possess all transcendental qualities. So, if one engages himself in the service of Kṛṣṇa or His plenary



expansions with unfailing determination, although these modes of material nature are very difficult to overcome, he can overcome them easily. This is already explained in the Seventh Chapter. One who surrenders unto Kṛṣṇa at once surmounts the influence of the modes of material nature. To be in Kṛṣṇa consciousness or in devotional service means to acquire the equality of Kṛṣṇa. The Lord says that His nature is eternal, blissful and full of knowledge, and the living entities are part and parcel of the Supreme, as gold particles are part of a gold mine. Thus the living entity's spiritual position is as good as gold, as good as Kṛṣṇa in quality. The difference of individuality continues, otherwise there is no question of bhakti-yoga. Bhakti-yoga means that the Lord is there, the devotee is there and the activity of exchange of love between the Lord and the devotee is there. Therefore the individuality of two persons is present in the Supreme Personality of Godhead and the individual person, otherwise there is no meaning to bhakti-yoga. If one is not situated in the same transcendental position with the Lord, one cannot serve the Supreme Lord

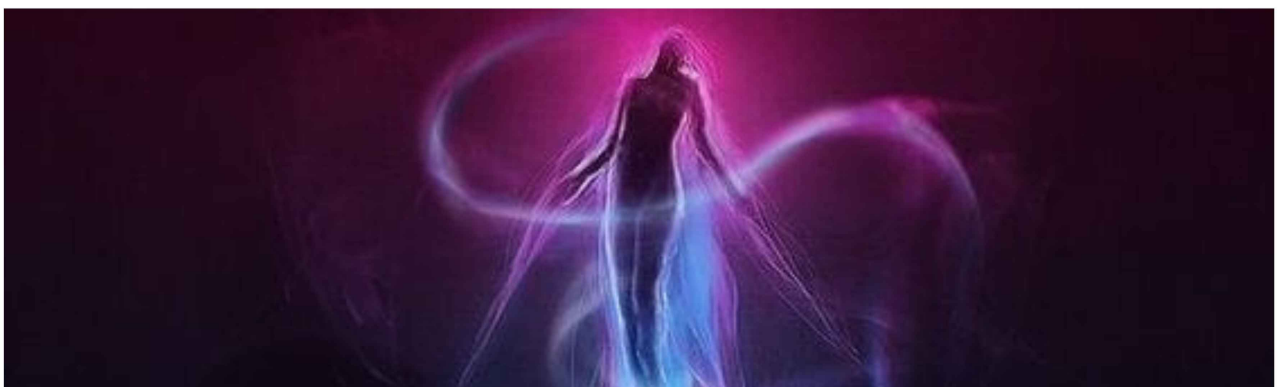


MANY OF US DON'T GET THE ACTUAL AND GENUINE BOND WHICH FULFILLS ONES EXPECTED LOVE AND SUPPORT IN A RELATIONSHIP,BECAUSE OF WHICH WE END UP QUESTIONING "DOES TRUE LOVE ACTUALLY EXIST."

# RELATIONSHIP ISSUES

So this is all spiritual. Ānanda-cinmaya-rasa. Rasa, rasa means mellow, the juice. There is juice, but that is not material juice. Material juice is different. That is temporary, asat. That is not sat. So if we want to taste this material juice, then we must be put into always in anxiety. Material life is anxiety. Therefore in this material world we..., I may love somebody, but it is full with anxieties. "My lover may not cheat. She may not go away" or "He may not go away." 7.5.5].

Because we are not in the spiritual platform, asad-grahāt, we are simply trying to love the external feature which is asat, which will not exist. Just like if you try to love a doll made of earth, dirt, very nicely painted as they are exhibited in the window of the tailor's shop. Who is going to love that? Nobody is going to. Everyone knows that this is imitation. Similarly, this body is imitation. It is a layer on the spiritual body. The spiritual body, when gives up this body, it has no value.

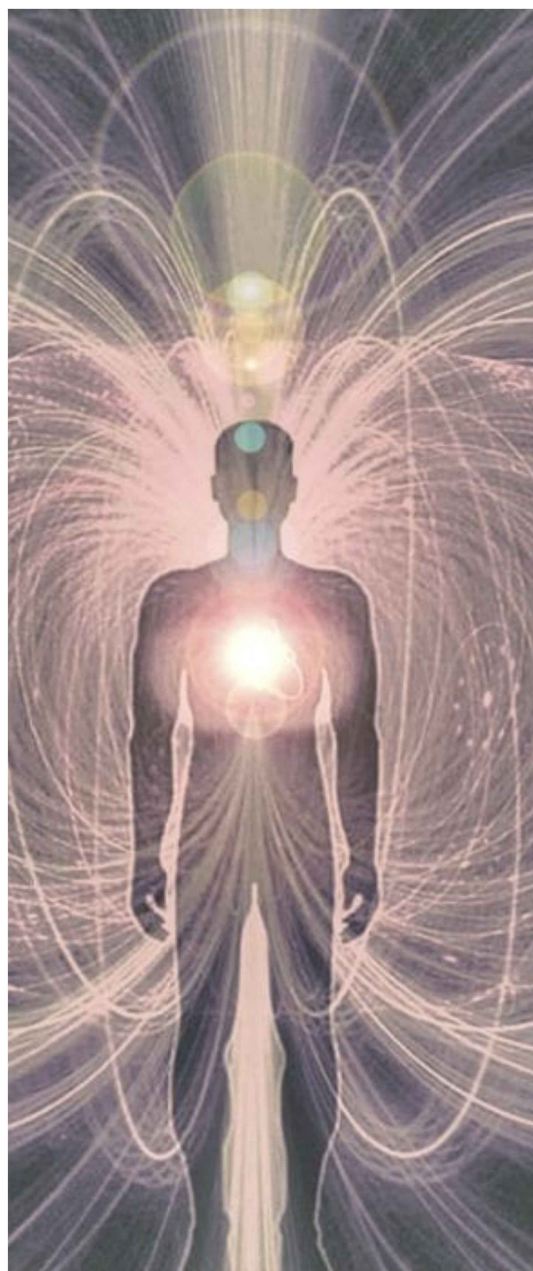


A dead body of a beautiful man or beautiful woman, nobody likes because the spiritual essence is gone. Therefore love is actually on the spiritual platform. Material love is simply superficial, and it will cheat you. We must know this. Asad-grahāt. Sadā samudvigna-dhiyām asad-grahāt [SB 7.5.5].

In spiritual relation we should not carry out the conception of this material relationship. Although the relationship are there. The whole relationship, as we have got experience in this world, the same relationship are there in the spiritual world. But that relationship is not contaminated with matter.

~ Srila Prabhupada Lecture on SB 1.2.17 -- San Francisco, March 25, 1967

So for our present understanding, subordinate means a servant. But don't carry out the idea of servant in relation to God. Here nobody wants to be servant. Everyone wants to be master. Because to become servant is very, not very, mean, a palatable thing. So but to become a servant of God is not exactly like this. Sometimes servant of God becomes the master of God.



The real position of the living entity is a servant of God, but in Bhagavad-gītā we see that the master, Kṛṣṇa, has become the servant of Arjuna. Arjuna is sitting on the chariot, and Kṛṣṇa has accepted his drivership. Is not the servant of the owner of the chariot?



So in spiritual relation we should not carry out the conception of this material relationship. Although the relationship are there. The whole relationship, as we have got experience in this world, the same relationship are there in the spiritual world. But that relationship is not contaminated with matter. Therefore they are pure and transcendental. Therefore they are of a different nature. As we become advanced in spiritual conception of life, then we can understand what is the actual position in spiritual, transcendental life.

Hayagrīva: As far as defining love, what is love—people speak of love—he says, "If someone asks what is love, Paul answers, 'It is the fulfillment of the law.' Love is a matter of conscience, and hence it is not a matter of impulse and inclination, nor is it a matter of emotion, nor a matter for intellectual calculation. There is only one kind of love." And he says that is spiritual love.

Prabhupāda: Yes. Love in the material world is impossible. In the material world everyone is interested for his own sense gratification. The love between man and woman, young boy and young girl, that is not love, that is

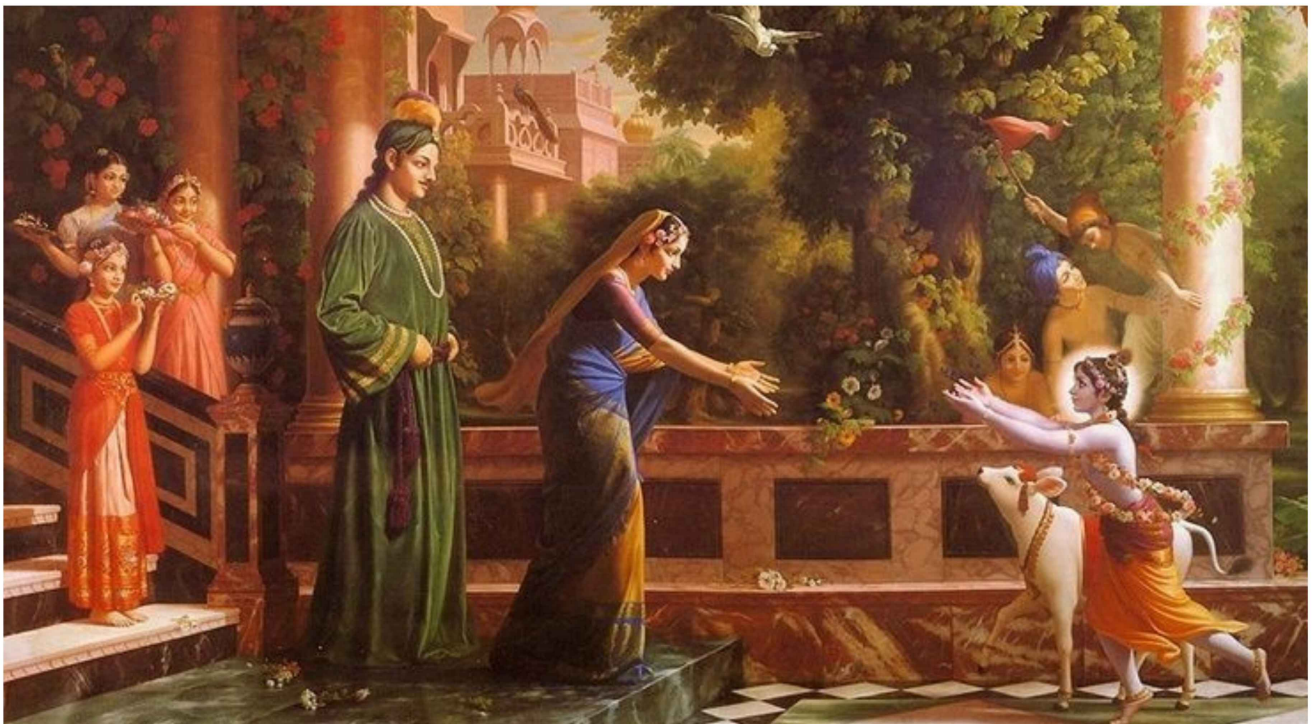


lust, because both the parties are interested in sense gratification. But that is not love. Love means the parties, they will not think of his own sense gratification but the sense gratification of the beloved. That is pure love. That is not possible in the material world, but we see the example of love in the picture of Vṛndāvana.

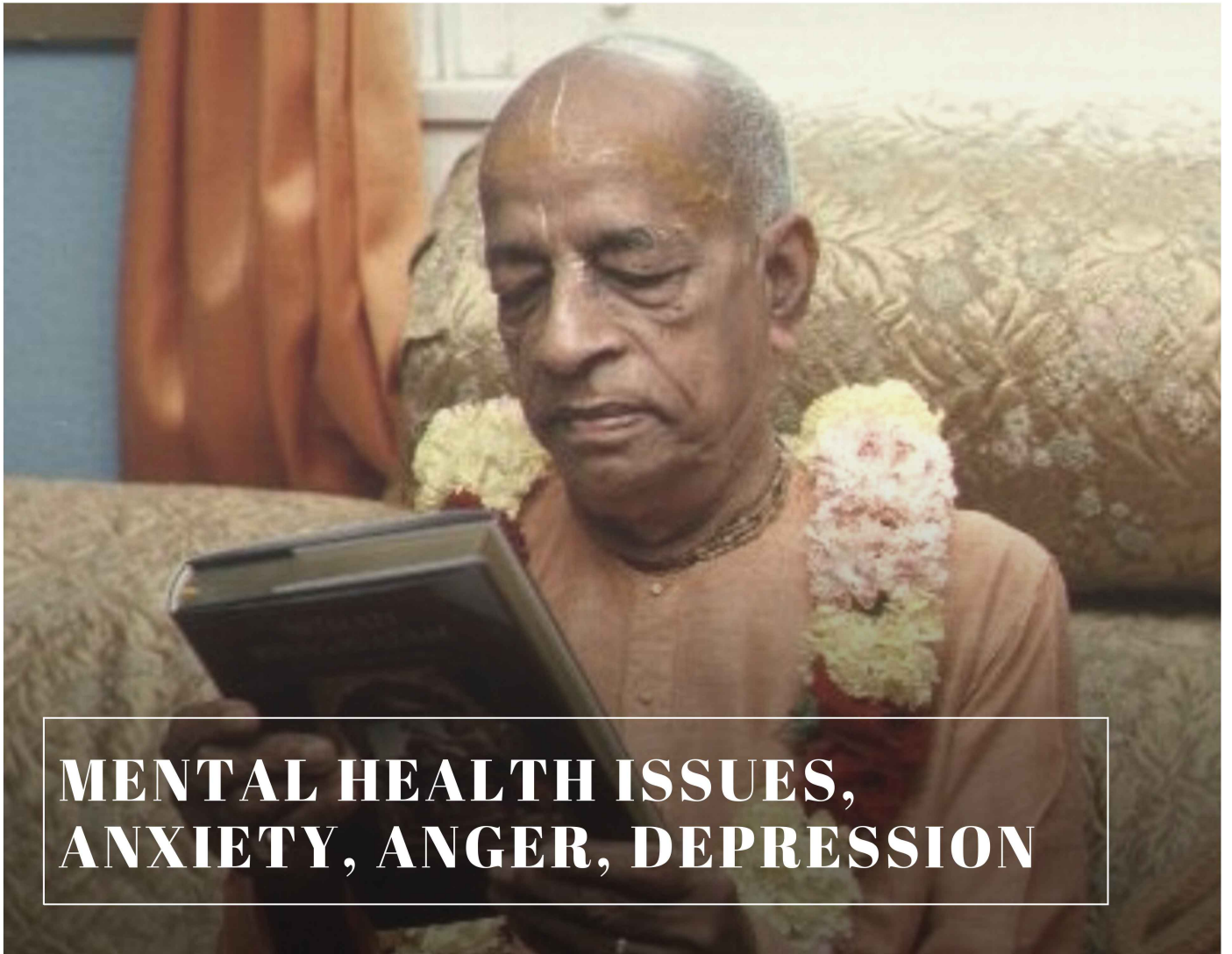
In the Vṛndāvana village, everyone—man, animals and fruits, flowers, water, everything—they are only for loving Kṛṣṇa. They do not want any return from Kṛṣṇa. That is real love, anyābhilāṣitā-śūnyam [Brs. 1.1.11]. If one loves God with some motive, that is material love. Pure love is simply to satisfy the desires of the Supreme Personality of Godhead. Therefore in the material world the love, word "love," is misused. The propensity of lusty desires is going on as love. Real love is only with God—individually, collectively, anyway.



And that Kṛṣṇa, the Supreme Personality of Godhead, He is the supreme object of love, either by adoration or by serving or making friendship with Him, or loving Him as child, or loving Him as beloved—there are five different relationships: śānta, dāsyā, sākhyā, vātsalyā, mādhyurā—that is real love.







## **MENTAL HEALTH ISSUES, ANXIETY, ANGER, DEPRESSION**

*Mental Health issues are very common nowadays , everyone is suffering from some or other problem like Anxiety, Anger, Lust, Depression etc. but whats reason for this and how can we come out of it ?*

A man cannot be free from Fear, Bereavement, Anxiety, and Diseases, unless and until he knows his actual position as a living entity. He must, therefore, be educated about his real constitutional position. In knowing such constitutional position one has to learn about the controller above him; why he is controlled, why the laws of nature are so stern for him, why he is subjected to threefold miseries of life, what is the nature of his controller, what is this material nature, who is controlling the laws of material nature, what is the duration of life of everything manifested and what are the activities which keep everybody busy throughout day and night. Without knowing all these things in right earnestness, a man remains an animal in spite of his high academic education. Lets see what Scriptures say about it .

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• Dehinām, one who has accepted this material body, his conditional life is always full of anxiety. Not that, that we are always in want. Even in your duty.

• And why this anxiety? Now, asad-grahāt. Asad-grahāt: "Because he has accepted this temporary body." He is eternal. A living spirit is eternal, but he has been forced to accept this temporary body. This is my position. One should be conscious of his precarious position, that "I am eternal, but I am encaged in a temporary body which will not exist."

• Prahlāda Mahārāja said, sadā samudvigna-dhiyām (SB 7.5.5): "My dear father, for persons who have accepted this temporary material body and is full of anxiety always, for them, my idea is that they should give up this materialistic life and surrender unto Hari." Hari means Bhagavān, the Supreme Lord.

*Srila Prabhupda Lecture on Bhagavad Gita 02.13 - New York*



At the fag end of life, we are disappointed, we are frustrated. Brdhya kala aula saba sukha pāgala. When we cannot again . . . no more we can enjoy with our senses, then we become very much depressed. Old men, you'll find old men, those who are not spiritually inclined, they're very morose. Morose because they cannot use anymore the senses. They sometime take medicine. But how it can be done? So brdhya kala aula. So we are under this illusion. This is called māyā.

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We should understand that we are not this body. We are not this body. Our bodily enjoyment, sense gratification, that is illusion. In another place in the Bhagavad-gītā you'll find it is said, *sukham ātyantikam yat tat atīndriyam grāhyam*. (aside) Find out that verse.

*Sukham ātyantikam yat tad atīndriyam grāhyam*. We are trying to enjoy life with these material senses, but that is illusion, that is temporary. Temporary and illusion. Real enjoyment is with our spiritual senses.

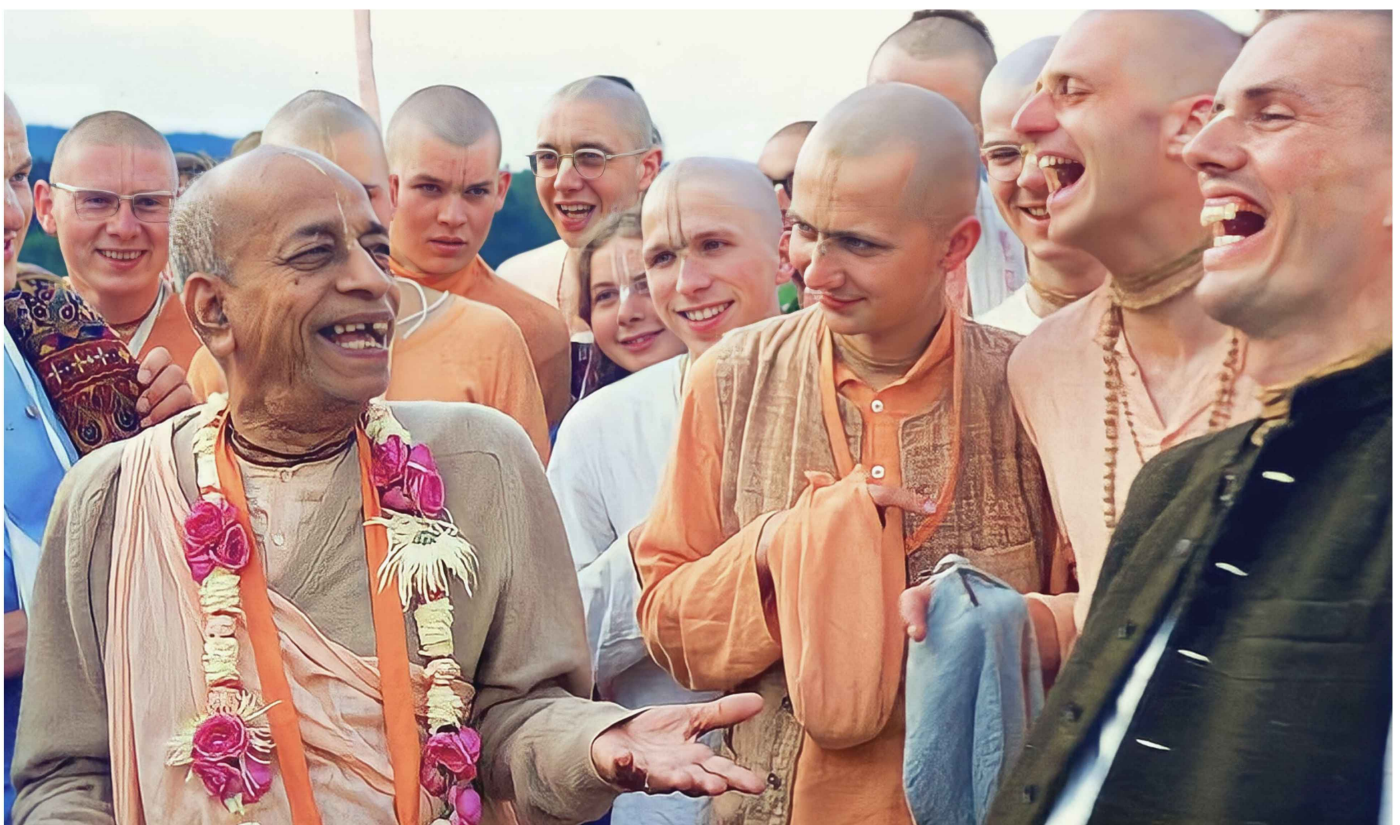
(aside) What is it . . .? Have you got?

*Pradyumna:*

*sukham ātyantikam yat tad  
buddhi-grāhyam atīndriyam  
vetti yatra na caivāyam  
sthitaś calati tattvataḥ  
(BG 6.21)*

*Prabhupāda:* What is the translation

*Pradyumna:* There's a few verses together. "The stage of perfection is called trance, or samādhi, when one mind . . . when one's mind is completely restrained from material mental activities by practice of yoga. This is characterized by one's ability to see the self by the pure mind and to relish and rejoice in the self. In that joyous state, one is situated in boundless transcendental happiness and enjoys himself through transcendental senses.





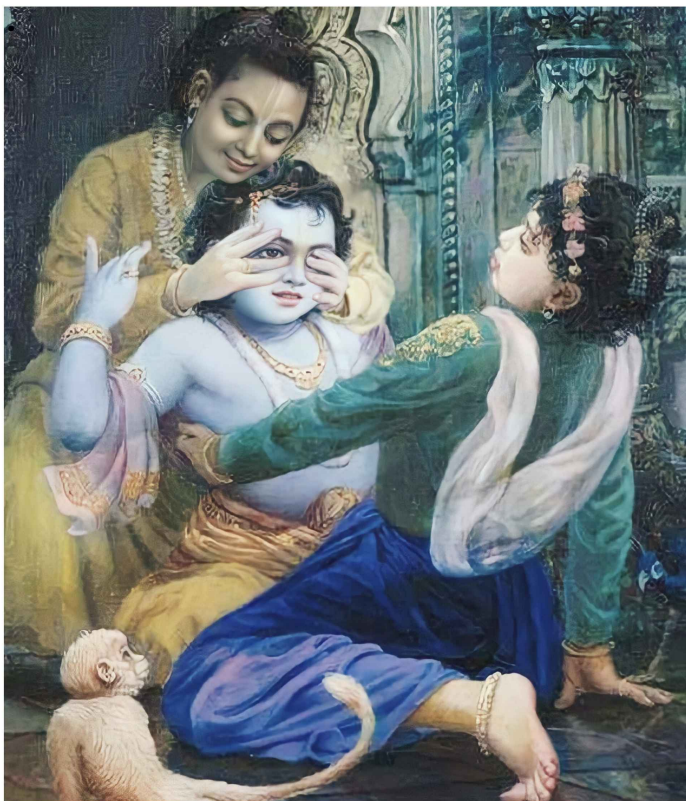
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Established thus, one never departs from the truth, and upon gaining this, he thinks there is no greater gain."

*Prabhupada:* So every information is there. If we want actually happiness, then we have to purify the material consciousness. That is Kṛṣṇa consciousness movement.

*Lecture bhagavad gita 13.01-2, Bombay, 29 december 1972*

- So one who is always engaged in Kṛṣṇa consciousness, automatically he becomes freed from lust, anger, and this is the stage of brahma-nirvāṇam.
- So angry . . . we can give up anger only when you are Kṛṣṇa conscious. Otherwise it is not



possible. So long we are after our own sense gratification, it is not possible to give up lust and anger. It is not possible.

*Srila Prabhupada Lecture on Bhagavad Gita 05.22-29 - New York*

This contaminated life, as soon as we give up this contaminated life, then our promotion is in the uncontaminated atmosphere, anāmayam. Anāmayam. Anāmayam means Vaikuṇṭha. Vaikuṇṭha means where there is no anxiety

*Srila Prabhupada Lecture Bhagavad Gita 02.51-55 - New York*

As mentioned above , if we dont know and understand our real Identity as soul then how we can expect to live a life free from all mental problems and diseases, then we will remain in bodily concept of life and end up Living like Animals in illusion

Krishna Consciousness is the only way by which you can understand your original constitutional position and science of soul and get free from all entanglements and problems and live a eternal, blissful, Happy Life

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# BAD ASSOCIATION/ BAD ADDICTION

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In this New year many of us has taken several resolutions, maybe of leaving our bad addictions and bad association, but when it comes to execution, it feels very hard task and we may fail in executing it, but what is solution of it? Lets see what scriptures say about it

Lord Shri Krishna Says in Bhagavad Gita 2.59 that -

*viṣayā vinivartante  
nirāhārasya dehinaḥ  
rasa-varjam' raso 'py asya  
parami dṛṣṭvā nivartate*



**Translation:** The embodied soul may be restricted from sense enjoyment, though the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness.

**Purport:** Unless one is transcendently situated, it is not possible to cease from sense enjoyment. The process of restriction from sense enjoyment by rules and regulations is something like restricting a diseased person from certain types of eatables. The patient, however, neither likes such restrictions, nor loses his taste for eatables. Similarly, sense restriction by some spiritual process like aṣṭāṅga-yoga, in the matter of yama, niyama, āsana, prāṇāyāma, pratyāhāra, dharaṇā, dhyāna, etc., is recommended for less intelligent persons who have no better knowledge. But one who has

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tasted the beauty of the Supreme Lord Kṛṣṇa, in the course of his advancement in Kṛṣṇa consciousness, no longer has a taste for dead material things. Therefore, restrictions are there for the less intelligent neophytes in the spiritual advancement of life, but such restrictions are only good if one actually has a taste for Kṛṣṇa consciousness. When one is actually Kṛṣṇa conscious, he automatically loses his taste for pale things.

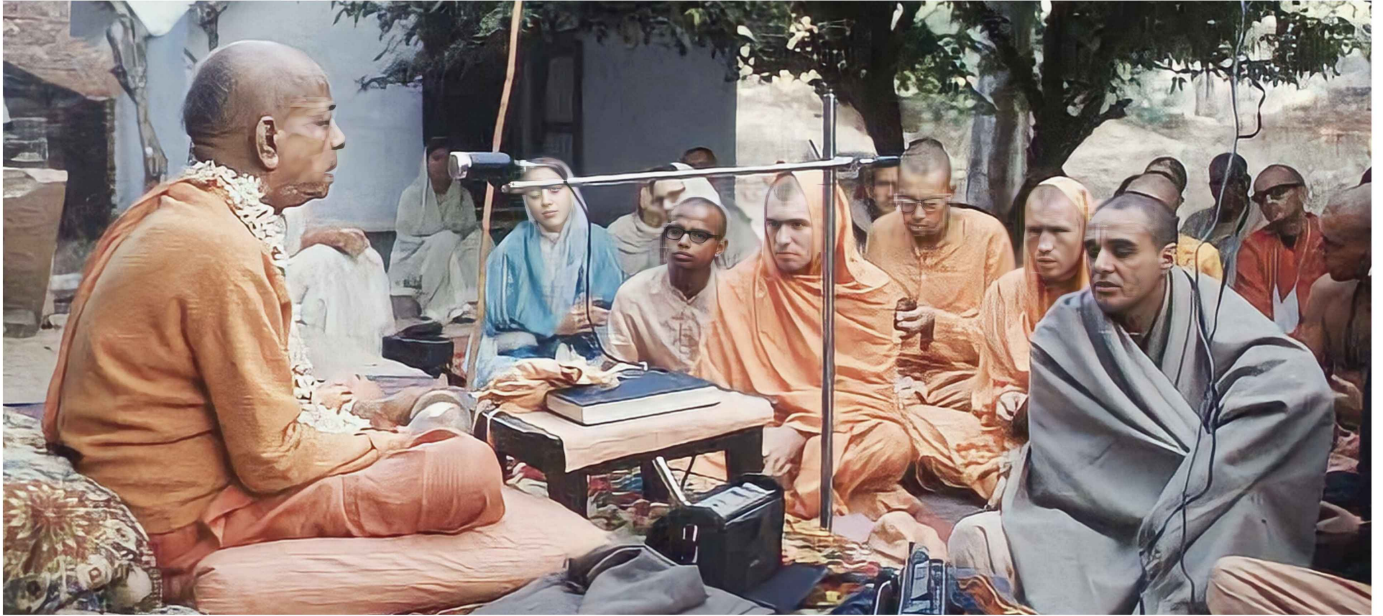


So as we read above , you can only live lower taste when you experience Higher taste , you cant leave lower taste by simply trying to stop it , you have to replace it with a higher taste , For Example - You have been eating Taste less food from long time , you dont want to eat it anymore , but you simply cant stop eating because you have to eat to live , but if you have been given with very nice preparation of foods with delicious Sweets then you will be very easily able to leave that tasteless food , Because you have got the Higher taste now , Similarly we can leave all our bad addictions and association by having Higher addiction and association, but what is that ? Lets know.

Association with the material modes of nature is very powerful. The bad association of materialistic men can be avoided only in the association of devotees. In the association of devotees, one is given an opportunity to render devotional service in nine different ways-śravaṇaṁ kīrtanaṁ viṣṇoḥ smaraṇaṁ pāda-sevanam arcanam vandanaṁ dāsyam

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sakhyam ātma-nivedanam (SB 7.5.23). In this way, in the association of devotees, one can pass over material association, cross over the ocean of nescience and return home, back to Godhead.

### *Srimad Bhagavatam - 5.12, Summary*

“Without hesitation, one should take exclusive shelter of Lord Kṛṣṇa with full confidence, giving up bad association and even neglecting the regulative principles of the four varṇas and four āśramas. That is to say, one should abandon all material attachment.

### *CC Madhya 22.93, Purport*

Those who live as brahmacārīs must follow in the footsteps of the great sage Nārada Muni, who never accepted the proposals of Jarā. Those who are too much sexually addicted become victims of jarā, and very soon their life-span is shortened. Without utilizing the human form of life for Kṛṣṇa consciousness the victims of jarā die very soon in this world.

### *Srimad Bhagavatam 4.27.21, Purport*

The people of the West are seeing their students becoming hippies, despite gorgeous arrangements for university education. The Kṛṣṇa consciousness movement, however, is trying to convert misguided, drug-addicted students to the service of Kṛṣṇa and engage them in the best welfare activities for human society.

### *Srimad Bhagavatam 6.5.18, Purport*



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In this connection Prof. J. Stillson Judah of the University of California, Berkeley, has remarked, "Krishna consciousness has transformed lives from drug addicted hippies to loving servants of Krishna and humanity."

*Srila Prabhupada Letter to Giriraja  
-- Detroit, 4 August, 1975*

So as we read above , Krishna Consciousness is that higher taste by which Hippies who were drug addicts , meat eaters , gamblers , who did illicit sex and were living like animals in the streets of america , by associating with pure devotee of Lord Krishna,Srila Prabhupada and tasting higher taste of Krishna Consciousness by his teachings and mercy ,become the loving servants of Krishna and get engaged in best welfare activities for Human Society ,so you can also associate with Srila Prabhupada by reading his original books and taste Krishna consciousness by Chanting Hare Krishna Mahamantra and eating Krishna Prasadam,by following this process you will be able to leave all sorts of lower taste of bad association and addictions.

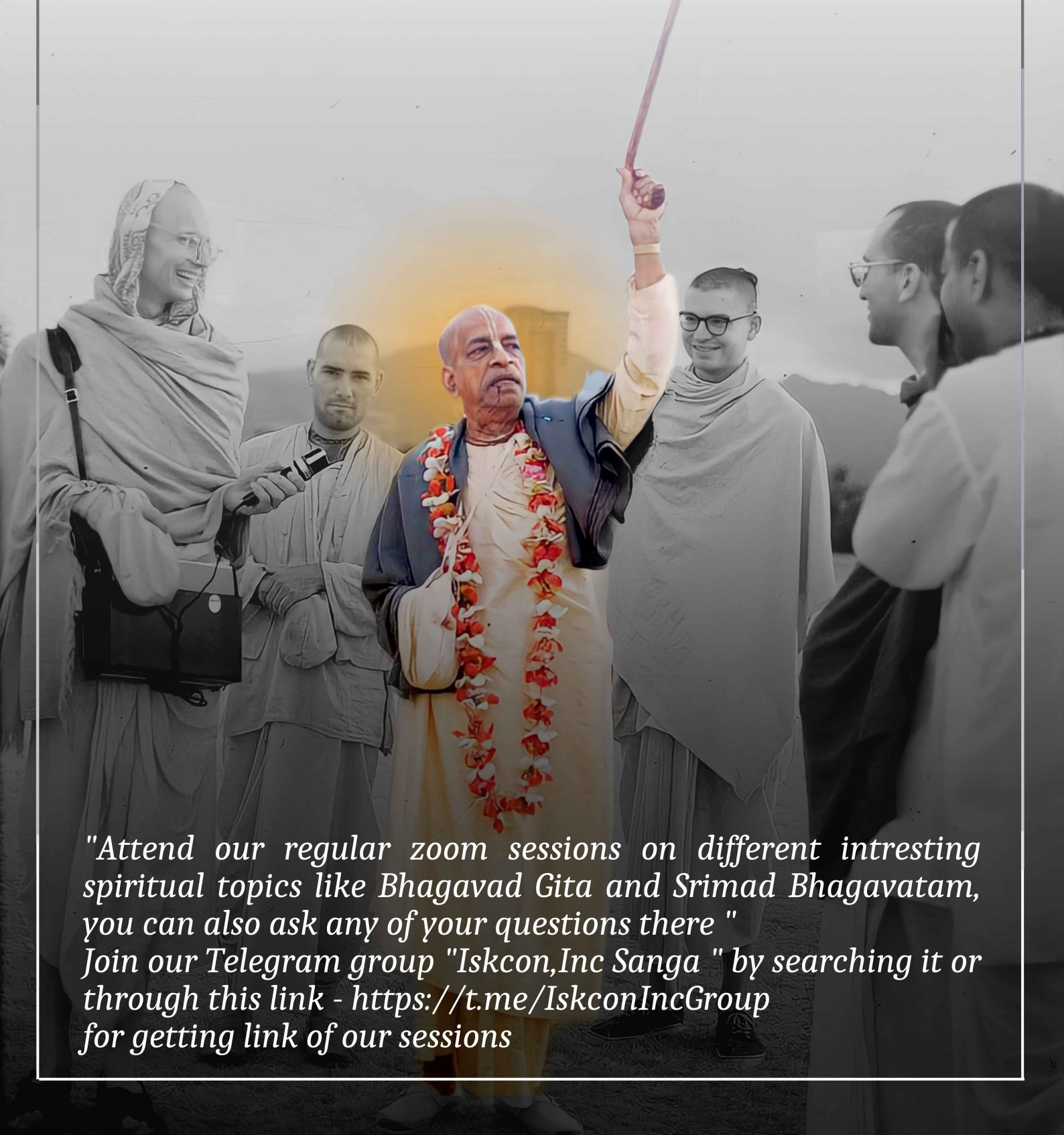




*In my books the philosophy of Krishna Consciousness is explained fully so if there is anything which you do not understand, then you simply have to read again and again. By reading daily the knowledge will be revealed to you and by this process your spiritual life will develop.*

*(Letter to Bahurupa, Bombay, 22 November, 1974)*

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